



Week 1 – Go for the Grain



All grains are not created equal.

You already know this, but a too-quick glance at the Food Guide Pyramid might lead one to believe that quantity –a suggested 6-11 servings a day—is more important than quality. Consider some of the nutrients provided by 2 different day's worth of the 6 grain suggested minimum.

Day A: 1 large bowl Corn Flakes (1.5 oz, or about 2 servings), 1 sandwich made with wheat bread (2 servings), 1 -8" white flour tortilla (2 servings)

Day B: 1 large bowl Raisin Bran (1.5 oz, or about 2 servings), 1 sandwich made with *whole* wheat bread (2 servings), 1 - 8" *whole* wheat tortilla (2 servings)

A B

Calorie	Small changes really can add up to big nutritional
Carbo	bonuses, and although taking supplements can
Fiber	help, supplements are not a replacement for the
Folate	nutritional benefits of whole foods. (A suggested
Iron	daily intake of fiber is 20-35 grams.)

Serving size counts.

Carbohydrates alone don't "make you fat", as many of the high protein diet advocates claim. Too much food from oversized portions, regardless of the source, can add to unwanted pounds.

Note in the example above that the tortilla equals 2 servings. Why 2, not 1? An 8-inch New Mexican-style wheat tortilla provides about 150 calories and 30 g. carbohydrate. According to a food group system called the Exchange List, a single serving ("exchange") of a Starch/Grain provides 80 calories and 15 grams carbohydrate. So that means most tortillas are equal to 2 servings/exchanges, and burrito-size tortillas even more. When choosing tortillas, give whole wheat a try, and look for tortillas with no more than 0.5 gram of saturated fat. Also keep in mind that wheat flour, bread, tortillas, etc. does not mean whole wheat unless it says *whole* wheat!

High altitude rice cookery

Frustrated with cooking brown rice at high altitude? Try "quick" brown rice, or use a pressure cooker to cook long grain brown rice. Another easy trick for adding fiber and flavor to white rice is to substitute rolled barley (available in health food stores or Asian groceries) for up to 1/3 of the rice during cooking.



Web sites for more information

- *The Whole Grain Guide*, Nutrition Action Health Letter, Center for Science in the Public Interest, <http://www.cspinet.org/nah/wwheat.html>
- *Whole Grains for Healthful Eating*, American Dietetic Association, <http://www.eatright.com/nfs/nfs0900b.html>
- *The Cook's Thesaurus* (see Grains, Grain Products for descriptions, photos and preparation tips), <http://www.foodsubs.com/>